

# Herbsforever, Inc.

501 S. Harvard Blvd., #2  
Los Angeles, California 90020

Tel: (213) 427-3500  
Fax: (213) 383-3076

Email: Vijayshantikumar@yahoo.com

0082 5 SEP 22 P2:16

July 11, 2005

Dr. Elizabeth Yetley  
Office of Special Nutrition (HFS-450)  
Center of Food Safety and Applied Nutrition  
Food and Drug Administration  
200 C Street S.W.  
Washington, DC 20204

AUG 11

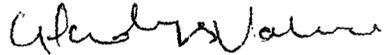
Re: Notification of Product Claims

Dear Dr. Yetley:

This letter serves as notification of the nutrition support labeling statements being made by our company in connection with our line of dietary nutritional supplements. A list of the products and their respective nutritional support statements and ingredients are listed in the attached Exhibit "A".

Herbsforever certifies that the information contained in this notice is complete and accurate, and the company maintains documentation to substantiate that its product claims are truthful and not misleading.

If you have any questions, please feel free to contact me and I will do my best to answer your questions.

  
Gladys Valencia  
Director  
Herbsforever, Inc.

Aims  
2005-6058

975 0162

LET 16708

66

86(0)

**EXHIBIT "A"**

HERBSFOREVER, INC.

---

100

**Acne Care**

Healthy Skin

Beautiful Complexion

All Natural  
Herbal Supplement

AUG 24

**A Dietary Supplement:** Acne Care is all natural herbal formula that contains herbs which help to eliminate harmful waste and promote healthy skin.

**Ingredients:** Manjistha (Rubia cordifolia), Turmeric (Curcuma longa), Guduchi (Tinospora cordifolia), Haritaki (Terminalia chebula), Bitter melon (Morindica charantia), Chandan (Sandalwood), Neem (Azadiracta indica), Amaltas (Casia fistula).

---

102

**Antma Syrup**

RESPIRATORY SUPPORT

Herbal Supplement

Helps to reestablish the kapha (water) dosha (humors) as per Ayurvedic theory of Tridosha: Vatta (air) Pitta (fire) Kapha (water)

**Ingredients:** Puskarmool (Inula racemosa), Vibhitaki (Terminalia belerica), Pipali (Piper longum), Vasa (Adhathoda vasica), Lasora (Cordia latifolia), Bharangi (Clerodendron serraton), Kantkari (Solanum jacquinni), Vanpasha (Viola odorata), Jufa (Hyssopus afficinate) Lavang (Syzygiom armaticum), Peppermint (Mentha piperita), Mulethi (Licorice), Mishri (Rock sugar), Navsar (amonium chloride).

---

104

**Bio-Fit**

Body Fitness Formula

Revitalizes Body

All Natural  
Dietary Supplement

**A Dietary Supplement** that contains minerals from the Himalaya and tonics of natural herbs and a supplement of choice for those who want to workout.

**Ingredients:** Shilajit (Mineral Pitch) (oozing from rocks), Ashwagandha (Withania-Somnifera (root), Tribulus-Terrestris (fruit), Shatavari (Asparagus Racemosus)(root), Glycyrrhiza Glabra (root), Myristica-Fragrans (dried seeds), Crocus-Sativus (dried stigmas of flower)

---

106

## Blood Cleaner

Helps to Maintain Lustrous

Smooth Silky Skin,  
Healthy Circulation, and Support of Overall Body Health

Herbal Supplement

**A Dietary Supplement:** Blood Cleaner is a unique, balanced natural herbal formula, supporting healthy liver and kidney functions. It may be beneficial to use with any of our other products as a body purifier to provide fast and effective results.

**Ingredients:** Neem (Azadirachta Indica), Katuki (Picrorhiza Kurroa), Indian Barberry (Berberis Aristata), Psoralea Corylifolia (Babchi), Fumaria Officinalis (Pit Para), Anantamul, (Hemidesmus Indicus), Tulsi (Holy Basil) (Ocimum Sanctum), Gotu Kola (Centella Asiatica), Bhui Amla (Phyllanthus Niruri), Haritaki (Terminalia Chebula), Indian Maddar (Rubia Cordifolia) (Manjishtha, Manjit), Red Saunders (Pterocarpus Santalinus) (Red sandalwood), Turmeric (Curcuma Longa) Purple fleabane (Centratherum Anthelminticum) Sphaeranthus Hirtus, Gorakmundi (East Indian Globe-thistle), Pipernigrum, Calcium calcined.

---

108

## Cardio-B

Helps Maintain Healthy Blood Pressure that is already within Normal Limits

Herbal Supplement

A natural tonic for healthy circulatory function

**Ingredients:** Arjuna (Terminalia arjuna), Jatamansi (Nardostachys jatamansi), Amla (Emblica officinale), Shankhpushpi (Convolvulus pluricaulis), Gokhru (Tribulus terrestris) Punarnava (Boerhavia diffusa), Ashwagandha (Withania somnifera), Puskara mula (Inula racemosa), Rudraksha (Elaeocarpus granitrus), Sarpagandha (Rauwolfia S.), Calcium Calcined.

---

110

# Cholesterol Health

Natural Herbal Cholesterol and Triglycerides Care Formula  
Herbal Supplement  
Guggulipid Extract 2.5% Z+E Guggulsterones

**A Dietary Supplement:** For smokers, high fat diet consumers and those who are overweight or have a highly stressful lifestyle.

**Ingredients:** Guggulipid extract, (Commiphora Mukul) (Gum resin), Arjuna (Terminalia arjuna), Pushkarmool (Inula racemosa), Amla (Emblica officinalis), Bibhitaki (Terminalia belerica), Haritaki (Terminalia chebula), Ginger, Pipali (Piper longum), Piper nigrum

---

112

## CHYAWANPRASH RASAYANAS

Natural Nutritional Herbal Supplement

Tridoshar

**A Dietary Supplement:** Chyawanprash is a thousands of years old Ayurvedic Rasayana that acts as a rejuvenating agent for a long, healthy and active life. Chyawanprash is a combination of natural herbs and fruits. Chyawanprash is made from 52 herbs and ingredients, one for every week of the year. Take this regularly and you will feel new energetic effects week after week. The main ingredient Amla increases the general well being.

**Ingredients:** Amla (Emblica officinalis) Fruit pulp, Nagkesar (Mesua ferrea) fruit, Tamalpatra (Cinnamomum tamala) leaves, Elachi (Elettaria cardamomum) : Seeds, Dalchini (Twak) (Cinnamomum cassia) Bark, Pipli (Piper longum) Fruit, Patala (Stereospermum suaveolens) Bark, Arani (Premna integrifolia) Bark, Agnimantha (Clerodendron phlomoides) Bark, Gambhari (Gmelina arborea) Bark, Bilva (Aegle marmelos) Root, Shyonaka (Oroxylum indicum) Bark, Gokhru (Tribulus terrestris) Fruit, Shalaparni (Hedysarum gangeticum) Bark, Brahati (Solanum indicum) Plant, Kantakari (Solanum xanthocarpum) Plant, Kakra-shringi (Rhus succedanea) Fruit, Grapes (Vitis vinifera) Fruit, Guduchi (Tinospora cordifolia) Stem, Haritaki (Terminalia chebula) Fruit, Prasniparni (Uraria lagopoides) Root, Bara Gokhru (Pedalium murex) Fruit, Betel (Piper betel) Leaf, Bhuiamla (Phyllanthus niruri) Plant, Vasaka (Adhatoda vasica) Leaf, Jivanti (Leptadenia reticulata) Root, Kachur (Curcuma zedoaria) Rhizome, Nagarmothan (Cyperus rotundus) Rhizome, Pushkara (Inula racemosa) Root, Mudgarni (Phaseolus trilobus) Plant, Mashparni (Teramunus labialis) Plant, Kakanasa (Asclepias curassavica) Flower, Vidari (Ipomoea digitata) Root, Punarnava (Boerhavia diffusa) Root, Kanwal (Nelumbium speciosm) Flower, Rasna (Pluchea lanceolata) Leaves, Chandan (Santallum

album) Wood, Shatavari (*Asparagus racemosus*) Root, Ashwagandha (*Withania somnifera*) Root, Brahmi (*Bacopa monnieri*): Leaves, Mulethi (*Licorice*) Root, Akarkara (*Anacylus pyrethrum*): Root, Shankhpushpi (*Evolvulus alsinoides*) Plant, Bangsolochan (*Bambusa arundinacea*), Sesame (*Sesamum indicum*) Seeds, Nilofar (*Nymphaea lotus*) Flower, Clove (*Myrtus caryophyllus*): Fruit, Varahikand (*Tacca aspera*) Tubers, Honey, Ghee, Cane sugar, Kesar (Saffron) flower.

---

114

## CHYAWANPRASH

### RASAYANAS

Herbal Supplement

**A Dietary Supplement:** Chyawanprash is a thousands of years old Ayurvedic Rasayana that acts as a rejuvenating agent for a long, healthy, and active life. Chyawanprash is a combination of natural herbs and fruits. Take this regularly and you will feel new energetic effects week after week. The main ingredient is Amla which increases the general well being. \*\*

**Ingredients:** Amla (*Emblica officinalis*) Fruit pulp, Nagkesar (*Mesua ferrea*) fruit, Tamalpatra (*Cinnamomum tamala*) leaves, Elachi (*Elettaria cardamomum*) : Seeds , Dalchini (Twak) (*Cinnamomum cassia*) Bark, Pipli (*Piper longum*) Fruit, Patala (*Stereospermum suaveolens*) Bark, Arani (*Premna integrifolia*) Bark, Agnimantha (*Clerodendron phlomoides*) Bark, Gambhari (*Gmelina arborea*) Bark, Bilva (*Aegle marmelos*) Root, Shyonaka (*Oroxylum indicum*) Bark, Gokhru (*Tribulus terrestris*) Fruit, Shalaparni (*Hedysarum gangeticum*) Bark, Brahati (*Solanum indicum*) Plant, Kantakari (*Solanum xanthocarpum*) Plant, Kakra-shringi (*Rhus succedanea*) Fruit, Grapes (*Vitis vinifera*) Fruit, Guduchi (*Tinospora cordifolia*) Stem, Haritaki (*Terminalia chebula*) Fruit, Prasniparni (*Uria lagopoides*) Root, Bara Gokhru (*Pedalium murex*) Fruit, Betel (*Piper betel*) Leaf, Bhuiamla (*Phyllanthus niruri*) Plant, Vasaka (*Adhatoda vasica*) Leaf, Jivanti (*Leptadenia reticulata*) Root, Kachur (*Curcuma zedoaria*) Rhizome, Nagarmothan (*Cyperus rotundus*) Rhizome, Pushkara (*Inula racemosa*) Root, Mudgaparni (*Phaseolus trilobus*) Plant, Mashparni (*Teramunus labialis*) Plant, Kakanasa (*Asclepias curassavica*) Flower, Vidari (*Ipomoea digitata*) Root, Punarnava (*Boerhavia diffusa*) Root, Kanwal (*Nelumbium speciosum*) Flower, Rasna (*Pluchea lanceolata*) Leaves, Chandan (*Santalum album*) Wood, Shatavari (*Asparagus racemosus*) Root, Ashwagandha (*Withania somnifera*) Root, Brahmi (*Bacopa monnieri*): Leaves, Mulethi (*Licorice*) Root, Akarkara (*Anacylus pyrethrum*): Root, Shankhpushpi (*Evolvulus alsinoides*) Plant, Bangsolochan (*Bambusa arundinacea*) Silicious deposit, Sesame (*Sesamum indicum*) Seeds, Nilofar (*Nymphaea lotus*) Flower, Clove (*Myrtus caryophyllus*): Fruit, Varahikand (*Tacca aspera*) Tubers, Honey, Kesar (Saffron) flower.

---

116

## CHYAWANPRASH

## Zesty Mix

This formula is for those that require a mild spicy taste in their diet.

Natural Nutritional Herbal Supplement

Contains More Pipli fruit giving it a spicy kick for smooth digestion.

**A Dietary Supplement:** Chyawanprash is a thousands of years old Ayurvedic Rasayana that acts as a rejuvenating agent for a long, healthy and active life. Chyawanprash is a combination of 52 natural herbs and fruits. Take this regularly and you will feel new energetic effects week after week. The main ingredient Amla increases the general well being. \*\*

**Ingredients:** Amla (*Emblica officinalis*) Fruit pulp, Nagkesar (*Mesua ferrea*) fruit, Tamalpatra (*Cinnamomum tamala*) leaves, Elachi (*Elettaria cardamomum*) : Seeds , Dalchini (Twak) (*Cinnamomum cassia*) Bark, Pipli (*Piper longum*) Fruit, Patala (*Stereospermum suaveolens*) Bark, Arani (*Premna integrifolia*) Bark, Agnimantha (*Clerodendron phlomoides*) Bark, Gambhari (*Gmelina arborea*) Bark, Bilva (*Aegle marmelos*) Root, Shyonaka (*Oroxylum indicum*) Bark, Gokhru (*Tribulus terrestris*) Fruit, Shalaparni (*Hedysarum gangeticum*) Bark, Brahati (*Solanum indicum*) Plant, Kantakari (*Solanum xanthocarpum*) Plant, Kakra-shringi (*Rhus succedanea*) Fruit, Grapes (*Vitis vinifera*) Fruit, Guduchi (*Tinospora cordifolia*) Stem, Haritaki (*Terminalia chebula*) Fruit, Prasniparni (*Uraria lagopoides*) Root, Bara Gokhru (*Pedaliium murex*) Fruit, Betel (*Piper betel*) Leaf, Bhuiamla (*Phyllanthus niruri*) Plant, Vasaka (*Adhatoda vasica*) Leaf, Jivanti (*Leptadenia reticulata*) Root, Kachur (*Curcuma zedoaria*) Rhizome, Nagarmothan (*Cyperus rotundus*) Rhizome, Pushkara (*Inula racemosa*) Root, Mudgaparni (*Phaseolus trilobus*) Plant, Mashparni (*Teramunus labialis*) Plant, Kakanasa (*Asclepias curassavica*) Flower, Vidari (*Ipomoea digitata*) Root, Punarnava (*Boerhavia diffusa*) Root, Kanwal (*Nelumbium speciosm*) Flower, Rasna (*Pluchea lanceolata*) Leaves, Chandan (*Santallum album*) Wood, Shatavari (*Asparagus racemosus*) Root, Ashwagandha (*Withania somnifera*) Root, Brahmi (*Bacopa monnieri*): Leaves, Mulethi (*Licorice*) Root, Akarkara (*Anacylus pyrethrum*): Root, Shankhpushpi (*Evolvulus alsinoides*) Plant, Bangsolochan (*Bambusa arundinacea*) Silicious deposit, Sesame (*Sesamum indicum*) Seeds, Nilofar (*Nymphaea lotus*) Flower, Clove (*Myrtus caryophyllus*): Fruit, Varahikand (*Tacca aspera*) Tubers, Honey, Kesar (Saffron) flower.

---

118

## Digestive care

Helps Promote Healthy Digestive System\*\*  
All Natural!

Herbal Supplement

**Ingredients:** Pippali (*Piper longum*), Mango (dried pulp), Hing (*Feaula asafoetida*), Pomegranate(Dried fresh fruit juice), Amla (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Cumin seeds, Ginger (*Zingiber officinale*), Rock mineral salt, Piper nigrum, Navsar(Amonium chloride).

## Femivita

Natural Herbal

Vitality Complex and Body Fitness \*\*

Herbal Supplement

**Ingredients:** Ashoka (Saraca Indica), Red Sanders (Pterocarpus Santalinus) (Red sandalwood), Kamarkas (Butea Frondosa), Nagarmothan (Cyperus Rotundus), Amla (Emblica Officinalis), Anantamul (Hemidesmus Indicus), Nagkesar (Mesua Ferrea), Manjistha (Rubia Cordifolia), Lodh tree (Symplocos Racemosa) (Lodhra), Arjuna (Terminalia Arjuna), Haritaki (Terminalia Chebula), Gokhru (Tribulus Terrestris), Ashwagandha (Withania Somniferum), Saunth (Zingiber Officinale), Jatamansi (Nardostachys Jata Mansi), Shankpushpi (Evolvulus alsinoides), Shatavari (Asparagus racemosa), Calcium (calcined).

---

## Gastro Care

Helps Promote healthy

Gastrointestinal Tract \*\*

**Ingredients:** Hing (Ferula asafetida), Pippali (Piper longum), Ajowain (carum couticum), Ginger (Zingiber officinale), Amla (Emblica officinalis), Cumin (Cuminum cyminum), Haritaki (Terminalia chebula), Black Cumin, Peppermint (Mentha piperita), Kutza (Holarrhena antidysenterica), Piper nigrum, Rock mineral salt, Karpura (Camphora officinarum) wood.

## Glubeta

Natural herbal balanced sugar regulator formula.

ALL Natural! \*\*

Herbal Supplement

**A Dietary Supplement:** Glubeta is a unique natural support and pancreatic tonic.

**Ingredients:** Jamun (Eugenia Jambolana), Gurmar (Gymnema sylvestere), Bitter gourd (karela), Neem (Azadirachta indica), Amla (Emblica officinalis), Vijaysaar (Pterocarpus marsupium), Methi (Trigonelia foenumgraceum) (Fenugreek), Saptrangi (Salarcia Chinensis), Guggulu (Communiphora mukul), Bimba (Cephalandra indica), Mamejak (Enicostema littorale) (Chotta Kirayat), Plash (Butea frondosa), Reduced iron purified

,Haldi (Curcuma longa) , Zinc reduced purified , Shilajit Purified (mineral pitch),  
Reduced Mica purified

---

128

## Hair Gain

Natural Herbal Hair and Nail Care

Herbal Supplement

**Ingredients:** Bhringraj (Eclipta Alba), Amlaki (Embllica officinalis), Vibhitaki (Terminalia belerica), Haritaki (Terminalia chebula), Yasthimadhu (Glycyrrhiza Glabra), Reduced Iron-purified, Calcium Calcined.

---

132

## Heart Health

Natural Herbal Heart Tonic\*\*  
Herbal Supplement

**A Dietary supplement:** A natural support for healthy Cardio function\*\*

**Ingredients:** Arjuna (Terminalia arjuna), Guggal (Communiphora mukul), Amla (Embllica officinalis), Ashwagandha (winter cherry), Punarnava (Boerhavia diffusa), Brahmi (Bacopa monneri), Musk root (Nardostachys jatamansi), Haritaki (Terminalia chebula), Pipli (Piper longum), Tambul patri (Piper betle), Calcium Calcined, Mica reduced-purified.

---

134

## Iron Complex

Ayurvedic Rasyana

A Unique Iron Formula Body Tonic  
Helps to Promotes Well Being and Healthy R.B.C. \*\*

**A Dietary Supplement:** The traditional method of making iron in Ayurveda is different and superior to any chemical formulation. Iron complex is prepared according to the Ayurvedic way which does not cause diarrhea or constipation. Ayurvedic preparation of iron is the best iron in the world. It has self assimilation qualities and is absorbed with relatively high efficiency in the body.

**Ingredients:** Pippali (Piper longum), Chitakmool (Plumbago zeylanica), Manjitha (Rubia cordifolia) Reduced iron-purified, Amla (Embllica officinalis), Shilajit (Mineral pitch), Punarnava (Boerhavia diffusa), Piper nigrum, Ginger.

---

136

## Joint Health

**Herbal joint comfort formula.**  
**Natural tonic for joints, muscles, ligaments and cartilage. \*\***

**Herbal Supplement**

**Ingredients:** Guggul (*Communiphora mukul*), Shallaki (*Boswellia serrata*) Ashwagandha (*Withania somnifera*), Piplamool (*Piper longum*), Guduchi (*Tinospora cordifolia*), Turmeric, Kutki (*Picrohiza kurroa*), Amalaki (*Emblica officinalis*) (Indian Gooseberry), Haritaki (*Terminalia chebula*), Vibhitak (*Terminalia belerica*), Nirgundi (*Vitex irgundo*), Reduced mica purified.

---

138

## **Laxa Comfort**

**All Natural!**  
**Herbal Supplement**

**A Dietary Supplement:** This product generally produces bowel movement in 6 to 12 hours.

**Ingredients:** Sena (*Cassia Angustifolia*), Fennel(*Foeniculum vulgare*), Ginger (*Zingiber Officinale*), Yasthimadhu (*Glycyrrhiza Glabra*), Amaltas (golden shower) (*Cassia Fistula*),

**Note:** This product contains Senna (*Cassia Angustifolia*). Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Senna (*Cassia Angustifolia*) may worsen these conditions and be harmful to your health. Laxative product should not be used for a period longer than 1 week unless directed by doctor. Read and follow directions carefully.

---

140

## **Livrol Forte**

**A Natural Herbal Liver Support Formula**  
**Herbal Supplement**

**Dietary supplement:** A natural defense from all toxins like food, water, alcohol, drugs or environmental pollutions. Livrol Forte is a safe natural herbal liver detoxification and rejuvenation formula.\*\*

**Ingredients:** Milk thistle (*Silybum marianum*), Kutki (*Picrohiza Kurroa*), Bhui amla (*Phyllanthus niruri*), Kalmegh (*Andrographis Paniculata*), Bhringaraj (*Eclipta alba*), Makoi (*Solanum nigrum*), Nishoth (*Ipomoea turpethum*), Kashni (*Cichorium intybus*), Guduchi (*Tinospora-cordifolia*), Punarnava (*Boerhavia diffusa*), Calcium Calcined.

---

## Livrol Syrup

Liver Tonic  
All Natural!  
Herbal Supplement

**A Dietary Supplement:** A natural defense from all toxins like food, water, alcohol, drugs or environmental pollutions. Livrol Syrup is a safe natural herbal liver detoxification formula.\*\*

**Ingredients:** Kutki (Picrorhiza Kurroa), Kalmegh (Andrographis Paniculata), Rohitka (Amoora rohituka), Bhringaraj (Eclipta alba), Nishoth (Ipomoea turpethum), Chitraka (Plumbago zeylanica), Makoi (Solanum nigrum), Haritaki (Terminalia chebula), Punarnava (Boerhavia diffusa), Pitpapda (Fumaria officinalis), Kashni (Cichorium intybus), Daru haridra (Berberis aristata), Soya (Peucedanum graveolena) fruit.

---

## Male 40 Plus

A Natural Herbal Body Tonic to Support Testosterone  
Helps Promote, Energy, and Vitality in Daily Life\*\*

Herbal Supplement

**Ingredients:** Ashwagandha (Withania Somnifera) (Winter Cherry), Amla (Indian gooseberry) (Emblica Officinalis) (Myrobalanberry) (Amalaki), Gokshura (Tribulus Terrestris), Guduchi (Tinospora cordifolia) (Giloy) (Indian Tinospora), Kaunch (Mucuna prureins) (Velvet Bean), (Cowhage), (Cow-itch), (kapi kacchu), Calcium Calcined.

---

## Menoaid

Natural Herbal MenoComfort Formula  
Herbal Support for Healthy Attitude During and Post Menopause.  
A Unique Body Tonic Supports Wellbeing\*\*

Herbal Supplement

**A Dietary Supplement:** Menoaid is used for physical and emotional well being during and post menopausal period.\*\*

**Ingredients:** Asian Holy oak (Quereus infectoria), Red silk cotton tree (Bombax malabaricam), Nagkesar (Mesua ferrea), Ashoka (Saraca indica), Ashwagandha (Winter cherry), Jatamansi (Nhardostachys jatamansi), Amla (Emblica officinales), Shatavari (asparagus racemosus), Gum Arabica, Calcium Calcined.

---

## Menstro Care

Supports Optimum Sense of Well Being and comfort.\*\*

All Natural!

Herbal Supplement

**Ingredients:** Hing (Feaula asafoetida), Ajwain (Carum copticum), Karpas (Cotton tree) (Gossypium herbaceum), Bambo (Bambusa arundinacea), Sowa (Anethum Sowa), Carrot (Daucus carota), Myrrh (Gum resin), Reduced iron-Purified, Aloevera (Ghrit Kumari).

---

150

## MORINDA PLUS

Herbal Supplement

**Ingredients:** Noni (morinda)dried , Amla (Indian Goosberry)(Embllica officinalis)

Morinda and Amla (myrobalan berry) helps to support the body's natural defense against harmful free radicals. It supports proper digestion, helping in nutrient absorption. \*\* Amla has been used in Ayurveda for thousands of years for its unique herbal properties.

---

152

## NETACID Syrup

Helps to alleviate, occasional minor acidity or minor heart burn\*\*

All Natural!\*\*

Herbal Supplement

**Ingredients:** Fennel seeds, Nishoth (Ipomoea turpethum), Pitpapda (Fumaria officinalis), Licorice (Glycyrrhiza Glabra), Amla (Phyllanthus Emblica), Harar (Terminalia chebula), Clove (Myrtus caryophyllus), Cardamom Seeds, Coriander, Cumin Seeds, Cinnamon, Bhangra (Eclipta alba), Bansa (Adatoda vasika), Shatavari (Asparagus racemosus), Peppermint (Mentha piperita), Mishri(Rock sugar), Karpura (Camphora officinarum) wood.

---

154

## NETACID

Helps to alleviate, occasional minor acidity or minor heart burn\*\*

All Natural! \*\*

Herbal Supplement

**Ingredients:** Pipali (Piper longum), Harar (Terminalia chebula), Giloy (Tinospora cordifolia), Bahera (Terminalia bellerica), Amla (Emblica officinalis), Nagar mothan (Cyperus rotundus), Mishri (rock sugar), Rock mineral salt (purified), Vavding (Embelia ribes), Cardamomum, Clove (Myrtus caryophyllus), Nishoth (Ipomoea turpethum), Zira (Cumin), Coriander, Pepper (Piper nigrum), Reduced iron purified, Bhringaraj (Eclipta alba) Plant, Ginger, Reduced copper purified, Dalchini (Cinnamomum cassia), Licorice (Glycyrrhiza Glabra), Nagkesar (Mesua ferrea), Kachura (Curcuma zedoaria),

---

156

## OJAS

Natural Herbal Immune Support Formula  
Unique natural body tonic  
Herbal Supplement

**A Dietary supplement:** Ojas means radiant glowing sound health.

**Ingredients:** Amla (Emblica officinalis), Ashwagandha (Winter cherry), Shilajit (Mineral pitch), Shatavari (Asparagus racemosus), Kaunch (Mucuna pruriens), Guduchi (Giloy) (Tinospora cordifolia), Gokhru (Tribulus-Terrestris), Pipli (Piper longum), Chyawanprash extract.

**Shilajit:** Shila means Rock & Jit means Warrior. Shilajit contains minerals required by our body.

**Chyawanprash:** A unique herbal blend of 48 Ayurvedic herbs.

**Ashwagandha:** A natural rejuvenator.

**Shatavari:** Supports body' vitality.

**Mucuna pruriens:** Nervine tonic.

---

158

## OMEGA MIND

Natural Herbal Memory

Support Formula

Learning+Retention+Recall \*\*

Herbal Supplement

**Ingredients:** Brahmi (Bacopa monnieri), Jyotishmati (Celastrus panniculats), Shankhpushpi (Evolvulus alsinoides), Jatamansi (Nardostachys Jatamansi), Pippali (Piper longum), Ashwagandha (winter cherry).

**Bacopa**

Tonic for brain cells \*\*

**Ashwagandha**

Rejuvenate \*\*

**Shankhpushpi,**

**Jatamansi & Jyotishmati**

Nervine tonic \*\*

**Pipli**

Helps other herbs absorb \*\*

---

160

## **Optica**

**Natural Herbal Eye Tonic**

**Supports healthy vision. Helps to promote cool feeling to eyes.  
Helps to manage black circles below the eyes and promotes well being.\*\***

**Dietary Supplement**

**Ingredients:** Amalaki (*Emblica officinalis*) (Indian Gooseberry), Haritaki (*Terminalia chebula*), Vibhitak (*Terminalia bellerica*), Punarnava (*Boerhavia diffusa*), Cinnamon (*Cinnamomum cassia*), Cardamom (*Elettaria cardamomum*), Licorice (*Glycyrrhiza glabra*, Reduced Iron-purified), Daru-haridra (Indian Barberry) (*Berberis aristata*), Chaksu (*Cassia absus*).

---

162

## **Palvorin**

(Anal care)

All Natural \*\*

**Herbal Supplement**

**Ingredients:** Haritaki (*Terminalia chebula*), Dhanvayas (*Fagonia arabica*), Patha (*Cissampelos pareira*), Nagkesar (*Mesua ferrea*), Haridra (*Berberis aristata*), Chitrak (*Plumbago zeylanica*), Kutaj (*Holarrhena antidysenterica*), Nimboli (*Melia azadirachta*), Kutki (*Picorrhiza Kurroa*), Piper nigrum, Yavakshar (*Hordeum Vulgare*), Chaksu (*cassia absus*), Mochrus (*Bombax malabaricum*), Saphatikari (Alum), Calcium Calcined, Arishta (*Sapindus mukorossi*).

---

164

## **Para Cleaner**

**Helps in the maintenance of a healthy internal landscape\*\***

**Herbal Supplement**

**Ingredients:** Vavding (*Embelia ribes*) Kali jiri (*Vernonia anthelmintica*) Neem (*Azadirachta indica*) Karanj beej (*Pongamia pinnata*), Palasha (*Butea monosperma*), Sringu (Sohanjana) (*Moringa oleifera*), Kutza (*Holarrhena antidysenterica*), Ajowan (*Carum copticum*), Nagarmothan (*Cyperus rotundus*), Vilbhphal (*Aegle marmelos*), Daru haridra (*Berberis aristata*), Hing (*Ferula foetida*), Bibhitaki (*Terminalia bellerica*), Haritaki (*Terminalia chebula*), Indrayava (*Holarrhena antidysenterica*), Kampilak (*Mallotus philippinensis*).

---

166

## Pearl Calcium

Ayurvedic Rasyana

A unique calcium and body tonic

Supports the aging process and general wellbeing

Dietary Supplement

Pearl (calcium calcined) 300 mg\*

**Other Ingredients:** Shatavari (*Asparagus racemosus*), Punarnava (*Boerhavia diffusa*), Amla (*Embllica officinalis*), Tulsi (*Ocimum sanctum*), Kutki (*Picorrhiza Kurroa*), Nishoth (*Ipomoea digitata*), Guduchi (*Tinospora cordifolia*), Ashwagandha (*Withania somnifera*), Gokhru (*Tribulus terrestris*), Manjishta (*Rubia cordifolia*), Vidhara beej (*Argyrea speciosa*), Shankhapushpi (*Convolvulus Pluricaulis*), Ela (Cardamom), Rose petals.\*

---

170

## ReSlim

Supports Weight Loss and a Lean Body.

Helps to Keep Skin Tight and Healthy\*\*

All Natural!

Dietary Supplement

Standardized Extract

**A Dietary Supplement:** ReSlim helps weight loss progressively the same way the body gains weight. It helps to keep skin tight while losing weight and maintaining optimum health and no side effects\*\*.

**Ingredients:** Haritaki (*Terminalia chebula*), Guggul (*Commiphora Mukul*), Shilajit (Mineral Pitch), Chitrak (*Plumbago zeylanica*), Ginger (*Zingiber officinale*), Amla (*Embllica officinalis*), Piper nigrum, Pipali (*Piper longum*), Bibhitaki (*Terminalia bellerica*), Nagarmothan (*Cyperus rotundus*), Vaya-Vidang (*Embllica ribes*).

---

172

## Respiron

NATURAL TONIC FOR THE LUNGS

Helps to promote healthy Respiratory System\*\*

Herbal Supplement

**Ingredients:** Tulsi (*Ocimum sanctum*), Puskarool (*Inula racemosa*), Vansa (*Adhatoda Vasika*), Pipali (*piper longum*), Vibhitaki (*Terminalia bellerica*), Lavang (*Myrtus caryophyllus*), Dalchini (*Cinnamomum cassia*), Kantkari (*Solanum indicum*), Bharagi (*Clerodendron serratum*), Apamarga (*Achyranthes aspera*), Mulethi (*Licorice*)\*.

---

174

## **SilFina**

MTL DetoX

A Herbal Detoxifying and Rejuvenating Formula

All the herbs used in SilFina have a long history of use in Ayurveda (science of life) due to its numerous herbal properties. \*\*

### **Herbal Supplement**

**Ingredients:** Dalchini (*Cinnamomum cassia*), Tejpatra (*Cinnamom tamala*), Elachi (*Elettaria cardamomum*), Nagkesar (*Mesua ferrea*), Amla (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), Saunth (*Zingiber officinale*), Bhangra (*Eclipta alba*), Giloy / Guduchi (*Tinospora cordifolia*), Ghandak Purified (*Sulphur*).

176

## **Sleep Ease**

ALL NATURAL!

### **Herbal Supplement**

**A Dietary Supplement for Healthy Mind and Body\*\*  
Non -Habit Forming! \*\***

**Ingredients:** Brahmi (*Bacopa Monnieri*), Shankpushi (*Evolvulus alsinoides*), JataMansi (*Nardostachys jatamansi*), Amla (*Emblica officinalis*, Indian gooseberry), Haritaki (*Terminalia chebula*), Ashwagandha (Winter cherry), Giloy (*Tinospora cordifolia*) (Guduchi), Kushmand (*Benincasa cerifera*),

178

## **SPIRULINA PLUS**

(*Spirulina platensis*)

Proprietary food nutrient

(Super nutrient)

### **A Dietary Supplement:**

Spirulina is an all- in- one super nutrient, derived from a tiny water plant. It is a single natural source of proteins, iron, vitamins, minerals and most of the micro nutrients necessary for a healthy and active life.

Spirulina platensis 500 mg \*

Typical Nutrition profile (Analysis) %Daily value

Each capsule provides:

Carbohydrates..... 55 mg \*

Proteins.....300 mg \*

Vitamin B-Complex..... 130 mcg \*

Pro-vitamin A.....250 mcg \*

Iron .....300 mcg \*

Calcium.....580 mcg \*

Zinc.....33 mcg \*

Also contains vitamin E, GLA, Selenium and other Micro nutrients-----

-----**Other ingredients:** Amla (Myrobalan berry), Pippali (Piper Longum)(dried fruit), Haritaki (Terminalia chebula), Ginger, Vibhitaki(Terminalia bellerica), Piper nigrum.

180

## Stomach Aid

Natural Bio-waste Flow regulator Formula\*\*

All Natural \*\*

Herbal Supplement

**A Dietary Supplement:** A digestive support for those with occasional, minor poor food retention.

**Ingredients:** Kutza (Holarrhena antidysenterica), Bael (Aegle marmelos), Daruharidra (Berberis aristata), Pippali (Piper longum), Sonth (Zingiber officinale), Black pepper (Piper nigrum), Pomengrante (Punica granatum).

182

## Stress Ease

Natural Herbal Stress care Formula

Herbal Supplement

**A Dietary Supplement**

**Ingredients:** Jatamansi (Nordostachys JataMansi), Jyotismati (Celastrus Panniculatus), Brahmi (Bacopa monneri), Ashwagandha (Withania somnifera), Arjuna (Terminalia arjuna), Pippali (Piper longum), Ginger (Zingiber officinale), Piper nigrum, Calcium Calcined.

**Jyotishmati & Ashwagandha**

A rejuvenating herb

**Jatamansi and Brahmi**

Brain tonic

**Guduchi**

Immuno modulator

**Arjuna**

Heart tonic

**Pippali and Ginger** help to enhance digestive fire

184

**THE BODY PURE**

**Botanical Detoxifier\*\***

**Herbal Supplement**

**Ingredients:** Haritaki (*Terminalia chebula*), Munaka (Grapes), Vavding (*Embelia ribes*), Mahua (*Bassia latifolia*), Jaggery (Raw cane-sugar), Tribulus terrestris, Nishoth (*Operculina turpethum*), Dhataki (*Woodfordia floribunda*), Coriander, Indrayan (*Citrullus colocynthis*), Chavya (*Piper officinarium*), Alovevera, Ginger (Root), Danti (*Boliospermum montanum*), Mochras (*Bombax malabaricum*), Honey, Piper Nigrum, Piper longum, Clove Flower bud, Cinnamonum tamala (Leaves), Cinnamonum zeylanicum Bark, Cardamom (Fruit), Mesua ferrea (Fruit), Chitrak (*Plumbago zeylanica*), Carum Copticum (Fruit), Cyperus rotundus (Root), Terminalia belerica (Fruit), Amla (*Embelica officinale*) Fruit, Rasna (*Pluchea lanceolata*), Virechana kshara (Magnesium salt) Turmeric (Rhizome), Pushakar (*Inula racemosa*), Indian mallo (*Abutilon indicum*) Fruit, Cowitch (*Mucuna pruriens*), Fennel (Fruit), Akarkara (*Anacyclus pyrethum*), Punarnava (*Boerhaavia diffusa*), Arjuna (*Terminalia arjuna*), Rohida (Rohitak amoora) Bark.

188

**Triphala**

**A Natural Detoxifying and Rejuvenating Formula. \*\***

**Herbal Supplement**

**A Dietary Supplement:** Triphala is cooling in nature. As per Ayurvedic (Science of life) theory Triphala helps to re-establish the harmony of Tridosas Vatta (air) Pitta (fire) Kapha (water) of human body in balanced natural state. Recommended safe to use before or along with any herbal supplement as a body purifier to enhance their effectiveness\*\*.

**Ingredients:** Amlaki (*Embllica officinalis*), Bibhitaki (*Terminalia Belerica*), Haritaki (*Terminalia chebula*).

190

**TRUE CALM**

### Herbal Supplement

**A Dietary Supplement:** True Calm is a safe herbal supplement that helps to support a healthy body and mind to fight daily life stress.

**Ashwagandha and Shilajit:** Strengthen and support physical and emotional states.

**Shatavari:** Nutritive tonic.

**Mucuna pruriens and Brahmi:** Help to maintain physical and mental coordination.

**Pipli & Ginger:** Help to enhance digestive power.

**Ingredients:** Ashwagandha (*Withania somnifera*), Brahmi (*Bacopa monnieri*), Shilajit (Mineral Pitch), Kaunch (*Mucuna pruriens*), Shatavari (*Asparagus racemosus*), Pipli (*Piper longum*).

192

## URI-Flush

Helps Promote Healthy Urinary Tract

Supports Healthy Kidney Function

Revitalizes and Optimizes Many Body Functions\*\*

Standardized Extract

Herbal Supplement

**Ingredients:** Punarnava (*Boerhavia diffusa*), Gokshura (*Tribulus terrestris*), Chharila (*Parmelia perlata*) (stone flower), Kush (*Eragrostis cynosuroides*) (Sacred kushagrass), Brahti (*Solanum indicum*), Varuna (*Crataeva religiosa*), Jeevanti (*Leptadenia reticulata*), Kultha (*Dolichos biflorus*), Pasan bheda (*Bergenia ligulata*), Apamarga (*Achyranthus aspera*), Nagar mothani (*Cyperus rotundus*) (Nut grass), Manjishta (*Rubia cordifolia*), Bhuiamla (*Phyllanthus niruri*), Makai (*Zea mays*), Shilajit (Mineral pitch), Yavakshar (*Hordeum vulgare*).

194

## Uterous Care

Natural Herbal Female Comfort Formula

Herbal Supplement

**Ingredients:** Lodhra (*Symplocococus recemosa*), Majuphal (*Quercus infectoria*), Mochras (*Bombax malabaricum*), Hiradukhi (*Daemonorops draco*), Ashoka (*Sarraca indica*), Haridra (*Berberis aristata*), Guggulu (*Commiphora mukul*), Kanchar (*Bauhinia variegata*), Nagkesar (*Mesua ferrea*), Gum tragacanth (*Astragalus gummifera*), Babul (*Acacia arabica*), Laksha (*Laccifer lacca*),

198

## VitaZin

Body Tonic\*\*

Every Day\*\*

All Natural! \*\*

## Herbal Supplement

**A Dietary Supplement:** As a body tonic, to tune up the entire body.

**Ingredients:** Amla (Indian gooseberry), Guduchi (Tinospora cordifolia), Tribulus-Terrestris (Gokhru), Shatavari (Asparagus racemosus), Kaunch (Mucuna prureins), Ashwagandha, Vidhara (Argyreia speciosa, Elephant Creeper, Woolly Morning Glory Vriddadaru

---

300

## AMLAK

Natural Organic Supplement

Nutritional Tonic for vision, Hair, Memory, and General Health \*\*

**A Dietary Supplement:** As a natural organic antioxidant it promotes general well being.\*\*

**Ingredients:** Amla (Indian gooseberry) (Myrobalan berry) (Embllica Officinalis) \*

302

## Terminalia Arjuna

A unique heart tonic supporting healthy cardio function and circulation\*\*

Herbal Supplement

Standardized Extract

**Ingredients:** Terminalia Arjuna (Arjuna Myrobalan, Pentaptera glabra, Pentaptera angustifolia) \*

304

## Ashwagandha

Ayurvedic Rejuvenating Botanica

Helps to maintain physical and mental ability

Supports energy, stamina and vitality. \*\*

**A Dietary Supplement:** Sanskrit name Ashwagandha which literally means "Horse Vitality". This Ayurvedic Rejuvenating herb is used in many tonics and formulas\*\*

**Ingredients:** Ashwagandha (Withania somnifera) (Winter cherry) \*

308

## Bitter Melon

An excellent fruit rich in natural minerals and vitamins

**A Dietary Supplement:** An excellent fruit for your daily diet. To support healthy blood sugar level, blood pressure level, cholesterol level, and triglyceride level that are already within normal limits. Bitter melon may also be useful in a weight loss plan and may support joint health and flexibility.

**Ingredients:** Bitter Melon (*Momordica Charantia*), Bitter Gourdin.

310

## **Brahmi**

**Brain and Nervine tonic \*\***

**Herbal Supplement**

**Ingredients:** Bacopa (*bacopa monnieri*) (Brahmi).

312

## **Garlic**

**Nervine and Bone Tissue Rasayana (Rejuvenate)**

**Vayu/Kapha Rasayana**

**Dietary Supplement**

**A Dietary Supplement:** Some research studies indicate that consumption of garlic in your daily diet may help to maintain healthy cholesterol and blood pressure level that is already within normal limits.

**Ingredients:** Garlic (*Allium Sativum*) fresh juice of garlic in dry form

314

## **Gokshura**

**(*Tribulus terrestris*)**

**Herbal Supplement**

**Ingredients:** Gokshura (*Tribulus terrestris*)

316

## **Gotu Kola**

**Brain and Nervine tonic \*\***

**Herbal Supplement**

**Ingredients:** Gotu Kola (*Centella Asiatica*)

318

## **Guduchi**

Rasayna

A unique body tonic \*\*  
Herbal Supplement

**A Dietary Supplement:** It is somewhat cool and soft by nature which helps to maintain healthy temperature in the body. It may help to maintain healthy blood sugar and blood pressure levels that are already within the normal limits. As a rejuvenating tonic it may help to enhance the function of protective cells called macrophages\*\*.

**Ingredients:** Guduchi (*Tinospora cordifolia*)

320

## **GUGGUL**

Supports Detoxification  
Purified Standardized Extract  
Herbal Supplement

**A Dietary Supplement:** A natural tonic for Cholesterol, triglycerides and joint Health\*\*

**Ingredients:** Guggul (*Commiphora Mukul*)

322

## **Gurmar**

Herbal Supplement

**A Dietary Supplement:** The Sanskrit name for *Gymnema Sylvestre* is Gurmar, which means **sugar killer** and it has been used for many centuries in Ayurveda (science of life) as part of daily diet \*\*.

**Ingredients:** Gurmar (*Gymnema Sylvestre*) (leaves).

324

## **Jatamansi**

Tridoshar\*\*  
Nerve Tonic  
Promotes Awareness  
Herbal Supplement

**A Dietary Supplement:** It aids in balancing the body of all three Ayurvedic doshas (humors), Vatta (air), Pitta (fire), and Kapha (water).

**Ingredients:** Jatamansi (Nardostachys jatamansi)

326

## **Kutki**

**Supports Healthy Liver \*\***  
**Picrorrhiza kurroa**

**Herbal Supplement**

**A Dietary Supplement:** Balances pitta and kapha (fire and water in the body)

**Ingredients:** Kutki (Picrorrhiza kurroa)

328

## **Licorice**

**A Dietary Supplement:** Sanskrit name of licorice is Yasthimadhu also called mulathi. It has been used in Ayurveda (science of life) for many centuries by people of all ages as part of a daily diet due to its numerous herbal properties. \*\*

**Ingredients:** Licorice (Glycyzrrhiza glabra) (Mulathi)

330

## **MUCUNA**

**(Nervine Tonic)**

**Supports muscle strength and helps to improve physical and mental ability.**

**Herbal Supplement**

**A Dietary Supplement:** It is somewhat cool and soft in nature. \*\*

**Ingredients:** MUCUNA PRURIENS (kaunch)

332

## **Neem**

**Natural Blood Purifier, Natural Immune Support**

**Enhances General Wellbeing**

**Dietary Supplement \*\***

**A Dietary Supplement:** It has been used in ayurveda (science of life) for many centuries for its detoxifying benefits.

Neem is used to keep skin healthy. For a healthy body Neem is a natural, safe and effective herb.

**Ingredients:** Neem (Azadirachta India) (Nimba)

336

## **Shatavari**

(Ayurvedic Rejuvenative Botanica)

As a natural tonic, helps to nourish tissues and support the reproductive organs and mammary glands.

**A Dietary Supplement:** Shatavari is cooling herb in nature as per Ayurvedic (science of life) theory of three tridosha (humors). It is useful for both males and females. It is a herb of choice, useful for women in menopause and breast feeding. \*\*

**Ingredients:** Shatavari (asparagus racemosus) root \*

338

## **SHILAJIT**

Himalayan

(Natural Rejuvenator)

A natural original organic Colloidal multi-mineral supplement  
Revitalizes and optimizes all body functions \*\*

Herbal Supplement

**A Dietary Supplement:** Shilajit is obtained from rocks in the towering cliffs of the Himalayan Mountains formed about 50 million years ago. The dense vegetation (literally an entire rain forest), was trapped under millions of tons of pressure which slowly turned into a rich bio-active material to form the rarest nutrient rich substance found on earth, known as **Shilajit**. Ancient in origin and pure beyond measure, **Shilajit** is a natural source for all minerals required by the body. As per Ayurveda there is hardly any function of the body, which is not supported by **Shilajit**. It has been used for thousands of years for nourishment and replenishment of the human body.

**Ingredients:** Shilajit Purified (mineral pitch) Oozing

340

## **Tulsi**

Holy Basil

Helps to promote Healthy Respiratory System  
Immuno Modulator for Healthy Body and Mind

A Dietary Supplement

**Ingredients:** HolyBasil (ocimum sanctum) (Tulsi)

342

## **Turmeric**

**Natural Organic Supplement**

**As a tonic it revitalizes and optimizes many body functions.**

**Dietary Supplement**

**A Dietary Supplement:** As a natural organic supplement it helps fight against free radicals promotes general well being. \*\*

**Ingredients:** Turmeric (curcuma longa)

612

## **Simhanada Guggulu**

**Supports Detoxification and rejuvenation of joints Functions \*\***

**Herbal Supplement**

**A Dietary Supplement:** As per Ayurveda Simhanada Guggulu is traditionally used in Ayurveda for numerous health benefits and pacifying vatta.

**Ingredients:** Guggal (Commiphora mukul) Gum resin purified, Haritaki (Terminalia chebula) Fruit, Vibhitaki (Terminalia bellerica) Fruit, Amla (Emblica officinalis) Fruit, Castor Root Gandhak (Sulphur purified).

616

## **Triphala Guggulu**

**Supports Detoxification and Metabolic Functions \*\***

**Herbal Supplement**

**Ingredients:** Guggal (Commiphora mukul) Gum resin purified Haritaki (Terminalia chebula) Fruit, Vibhitaki (Terminalia bellerica) Fruit, Amla (Emblica officinalis) Fruit, and Pippali (Piper Longum) Fruit.

620

## **Avipatkar**

**Helps to alleviate occasional minor acidity or minor heart burn\*\***

**Herbal Supplement**

**Ingredients:** Pipali (Piper longum) Fruit, Haritaki (Terminalia chebula) Fruit pulp, Bibhitaki (Terminalia bellerica) Fruit pulp, Amla (Emblica officinale) Fruit, Nagar mothan (Cyprus rotundus) Tubers, Vidanga (Embelia ribes) Seeds, Cardamom Seeds, Tejpatra (Cinnamom iners) Leaves, Lavang (Clove) Buds, Nishoth (Ipomea turpethum) Roots, Ginger (Zingiber officinale) Rhizome, Piper Nigrum, Siandva namak (Rock mineral salt) Powder, Mishri (Rock sugar).

622

## Hingvastika

Helps Promote healthy

Gastrointestinal Tract \*\*

**A Dietary Supplement:** Helps to alleviate occasional minor gas. \*\*

**Ingredients:** Hing (Feaula assafoetida) Ginger (Zingiber officinale) Powder 3. Pippali (Piper longum) Powder, Ajowain (Carum couticum) Powder, Siandva namak (Rock mineral salt) Powder, Jira safed (Cumin) Powder, Jira kala (Black cumin) Powder, Piper nigrum powder.

624

## Sitapoladi

Respiratory Support  
Herbal Supplement

**Ingredients:** Pipli (Pipper longum), Elaichi (Cardamom), Dalchini (Cinnamom), Vanslochan (Bambusa arundimaceo), Mishri (Rock sugar).

626

## Talisadi

Respiratory Support\*\*  
Herbal Supplement

**A Dietary Supplement:** Helps to expel the Kapha according to Ayurvedic theory of tridosha Vatta, Pitta, Kapha\*\*

**Ingredients:** Pipli (Pipper longum), Elaichi (Cardamom), Dalchini (Cinnamom), Vanslochan (Bambusa arundimaceo), Mishri (Rock sugar)

628

## Trikatu Churana

Herbal Supplement

**A Dietary Supplement:** A natural aid. Trikatu supports Kapha (water) dosha and may increase Pitta (fire) dosha as per Ayurvedic theory of Tridosha Vatta (air), Pitta (fire), and Kapha (water) \*\*.

**Ingredients:** Pippali, Black Pepper, Ginger

630

## Triphala Powder

Herbal Supplement

**A Dietary Supplement:** Triphala is cooling in nature. As per Ayurvedic (Science of life) theory helps to re-establish the harmony of Tridosa Vatta (air) Pitta (fire) Kapha (water) of human body in balanced natural state.\*\*

**Ingredients:** Haritaki, Amla, Bibitaki.

650

### **Dashmula Kwath**

**Ancient Detoxifying and rejuvenating formula  
Herbal Supplement**

**A Dietary Supplement:** Literally meaning "ten roots, this traditional formula is specifically used to balance Vata (air) and Kapha (water).

**Ingredients:** Bael (*Aegle marmelos*), Gambhari (*Gmelina arborea*), Shyonaka (*Oroxylum indicum*), Kantkari (*Solanum virginiana*), Brahati (*Solanum anguivi*), Shalaparni (*Desmodium gangeticum*), Prishparni (*Uraria picta*), Arani (*Premna integrifolia*), Gokhru (*Tribulus terrestris*), Patala (*Stereospermum suaveolens*)

652

### **Mahamanjishta kwath** **Pitta (fire) Dosha balancing formula Herbal Supplement**

**A Dietary Supplement:** Highly used in Vata Rakta and skin care.

**Ingredients:** Majith/ Manjishta (*Rubia cordifolia*): Root, Nagar mothan (*Cyperus rotundus*): Tuber, Kutza (*Holarrhena antidysenterica*): Bark, Giloy/ Guguchi (*Tinospora cordifolia*): Stem, PuskaraMula (*Inula racemosa*): Root, Ginger (*Zingiber officinale*): Rhizome, Bharangi (*Clerodendron serraton*), Kantakari (*Solanum xanthocarpum*), Brahti (*Solanum indicum*), Neem (*Azadirachta indica*), Turmeric (*Curcuma longa*), Katuki (*Picrorhiza Kurroa*), Bhui amalaki (*Phyllanthus Niruri*), Daruharidra (*Andropogon squarrosus*), Haldi (*Curcuma longa*), Bakuchi (*Bacopa monnina*), Pittpapra (*Fumaria officinalis*), Mundi (*Andropogon squarrosus*), Anantmul (*Hemidesmus indicus*) Root, Amla (*Emblica officinalis*), Bibhitaki (*Terminalia belerica*), Haritaki (*Terminalia chebula*), Vijaysaar (*Pterocarpus marsupium*), Vavding/ Vidanga (*Embelia ribes*): Seeds, Shatavari (*Asparagus racemosus*): Root, Chitrak (*Plumbago zeylanica*): Root, Indrayan (*Citrullus colcyntis*) (Bitter apple), Kali jiri (*Arayana Jeerak*), Dhania (*Coriander*) (*Coriandrum sativum*): Fruit, Dhanvayas (*Fagonia arabica*) Plant, Kachura (*Curcuma zedoaria*) :Tubers, Apamarga (*Achyranthus aspera*), Bansa (*Adatoda vasika*): leaves, Nishoth (*Ipomoea turpethum*): Root, Nimboli (*Melia azadirachta*) Seeds, Punarnava (*Boerhaavia diffusa*): Root, Amaltas (golden shower) (*Cassia Fistula*), Khas (*Andropogon muricatus*): Root, Karanj (*Pongamia Glabra*), Kush (*Eragrosis cynosuroides*), Patala (*Stereospermum suaveolens*) Bark, Rock mineral salt, Fennel(*Foeniculum vulgare*): Fruit, Sena (*Cassia Angustifolia*).

654

**Maharasnadi Kwath**  
Vata (air) Dosha Balancing Formula  
Herbal Supplement

**Ingredients:** Rasna (*Pluchea lanceolata*), Damasa (*Fagonia arabica*), Kachur (*Curcuma zedoaria*), Mainphal (*Randia dumetorum*), Vansa (*Adhatoda vasika*), Ginger (*Zingiber officinalis*), Haritaki (*Terminalia chebula*), Chavya (*Piper chaba*), Nagar mothan (*Cyperus rotundus*), Punarnava (*Boerhaavia diffusa*), Guduchi (*Tinospora cordifolia*), Vidari (*Ipomoea digitata*), Fennel (*Foeniculum vulgare*), Gokshura (*Tribulus terrestris*), Ashwagandha (*Withania somnifera*), Apamarga (*Achyranthes aspera*), Shatavari (*Asparagus racemosus*), Pipli (*Piper longum*), Piyabansa (*Barleria prionitis*), Coriander (*Coriandrum sativum*), Kantakari (*Solanum xanthocarpum*), Brahti (*Solanum indicum*) Arind (*Ricinus communis*) Root, Amaltas (*Cassia fistula*), Devdaru (*Deodar*), and Dalchini (*Cinnamomum cassia*) (Cinnamon): Bark

660

**Arogya vardini**  
Herbal Supplement  
Traditional Ayurvedic Formula

**A Dietary Supplement:** Arogya Vardini in Sanskrit means "Healthy Body".

**Ingredients:** Haritaki (*Terminalia chebula*), Bahera (*Terminalia bellerica*), Amla (*Emblica officinalis*), Shilajit (mineral pitch) Purified, Guggul purified Commiphora Mukul (Gum resin), Neem (*Azadirachta indica*), Loh (Reduced Iron purified) .Tamra (Reduced Copper purified), Chitrak mool (*Plumragozeylanica*) Gandhak (sulfur) purified, Abrak (Reduced mica purified)

662

**Chander prabha**  
Helps to restore Kapha Dosha to its balanced state

Herbal Supplement

**A Dietary supplement:** "Moon Glow" the Sanskrit name of Chander prabha suggests, this formulation works similar to the moon which removes darkness in night. It works on the body tissues that are governed by the moon.

**Ingredients:** Haritaki (*Terminalia chebula*), Shilajit purified, Guggul purified, Bahera (*Terminalia bellerica*), Amla (*Emblica officinalis*), Kulanjan (*Alpaina khulanjan*), Nagar mothan (*Cyperus rotundus*), Kalmegh (*Andrographis paniculata*), Giloy (*Tinospora cordifolia*), Devdaru (*Cedrus deodra*), Turmeric (*Curcuma longa*), Chanwan haldi, Piplamool (*Piper longum*), Chitrak mool (*Plumbago zeylanica*), Dhania (*Coriander*), Chavya (*Piper chaba*), Vavding (*Embelia ribes*), Gaj pippali (*Seindapsus officinalis*), Pipal (*Ficus religiosa*), Ginger (*zingiber officinale*), Pepper (*Piper nigrum*), Reduced iron -purified, Saindava nimak (Rock mineral salt), Elaichi (*Cardamomum*), Kabab chini (*Cubeba officinalis*), Gokhru (*Tribulus terrestris*), Nishoth (*Ipomoea turpethum*), Dantimool (*Coroton root*), Tejpatar (*Cinamum tamala*), Dalchini (*Cinamum*), Bari elaichi (*Big Cardomum*), Vanslochan (*Bambusa arumdimacea*), Chandan (*Santalum album*), Karpur (*Camphora officinarum*) wood, Yavakshar (*Hordeum Vulgare*),

Apamarga (Achyranthus aspera), Mishri (Rock sugar), Daru haridra (Berberis aristata):  
Root.

664

### **MAHASUDARSHAN**

**Supports detoxification and immunity \*\***

**Pacifies Pitta (fire)**

**Herbal Supplement**

**A Dietary Supplement: As per Ayurveda:** Balances pitta and kapha (fire and water in the body).

**Ingredients:**

---

700

### **Black Salt**

**Healthy Digestive Support\*\***

**Herbal Supplement**

**Ingredients:** Rock Salt (mineral salt purified), Haritaki (harar) (Terminalia Belerica), Amla (Embllica officinalis)

702

### **Pachak**

**Pro digestion\*\***

**All Natural!**

**Herbal Supplement**

**A Dietary supplement: The Sanskrit name of Pachak means healthy digestion.**  
**Pachak** is a combination of herbs and pro digestive enzymes which have a long history of use in Ayurveda for healthy living\*\*.

**Ingredients:** Pippali (Piper longum), Mango (dried pulp), Hing (Feaula asafoetida), Pomegranate (Dried fresh fruit juice), Amla (Embllica officinalis), Haritaki (Terminalia chebula), Cumin seeds, Ginger (Zingiber officinale), Rock mineral salt, Piper nigrum, Navsar (Amonium chloride).

704

### **Rock Salt**

**Healthy Digestive Support\*\***

**Herbal Supplement**

**Ingredients:** Rock Salt (mineral salt purified)

706

### **Rock Sugar**

**Herbal Supplement**

**A Dietary supplement: Rock Sugar** is known for centuries for its therapeutic applications in Ayurveda (Science of life)\*\*

**Ingredients:** Rock Sugar(mishri)

708

**Spice Medley**

**Amazing Flavor Wonderful Health**

(Herbs & spices mix)\*\*

**Dietary Supplement**

**Ingredients:** Coarse Powder of: Cumin, Ginger, Coriander, Cardamomum Big, Nutmeg, Pipli (Piper Longum), Clove, Cardamom, Cinnamon, Turmeric

720

**Ghee**

**Rasayana**

(Made from Organic Clarified Butter)

**Nutritional Supplement**

From ancient Vedic times ghee is used in Indian daily life for healthy living\*\*

722

**Tiktaka Ghrita**

**Ghee**

**Rasayana**

**Pacify the pitta(fire)**

(Made from Organic Clarified Butter)

**Nutritional Supplement**

**A Dietary Supplement:** Tiktaka Ghrita Ghee is the ancient Ayurvedic herbal formula used in Ayurveda for thousands of years for pitta(fire) related conditions as per Ayurvedic theory of Tri dosha- Vatta(air),Pitta(fire),Kapha(water)

It is very beneficial for healthy skin.

**Ingredients:** Patola (Trichosanthes dioica) Leaves, Neem (Azadirachta indica): Leaves, Kutki (Picrohiza kurroa): Rhizome, Daru haldi (Berberis aristata): Root, Patha (Cissampelos Pareira), Dhanvayasa (Fagoniacretica arabica) Plant, Pitpapda (Fumaria officinalis): Plant, Trayamana (Gentiana kurroo) Plant, Nagar mothan (Cyperus rotundus): Root, Kalmegh (Andographis paniculata) plant, Indrayava (Holarrhena antidysenterica): Bark, Pipali (Piper longum): Fruit, Chandan (Santalum album), Ghee

750